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A PENNY LUNCH



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A PENNY LUNCH

ITS EQUIPMENT, MENUS
and MANAGEMENT



By

SARAH WEBB MAURY

LENA L. TACHAU

with an Endorsement by

E. O. HOLLAND, PH. D., Superintendent of Public Schools
Louisville, Kentucky

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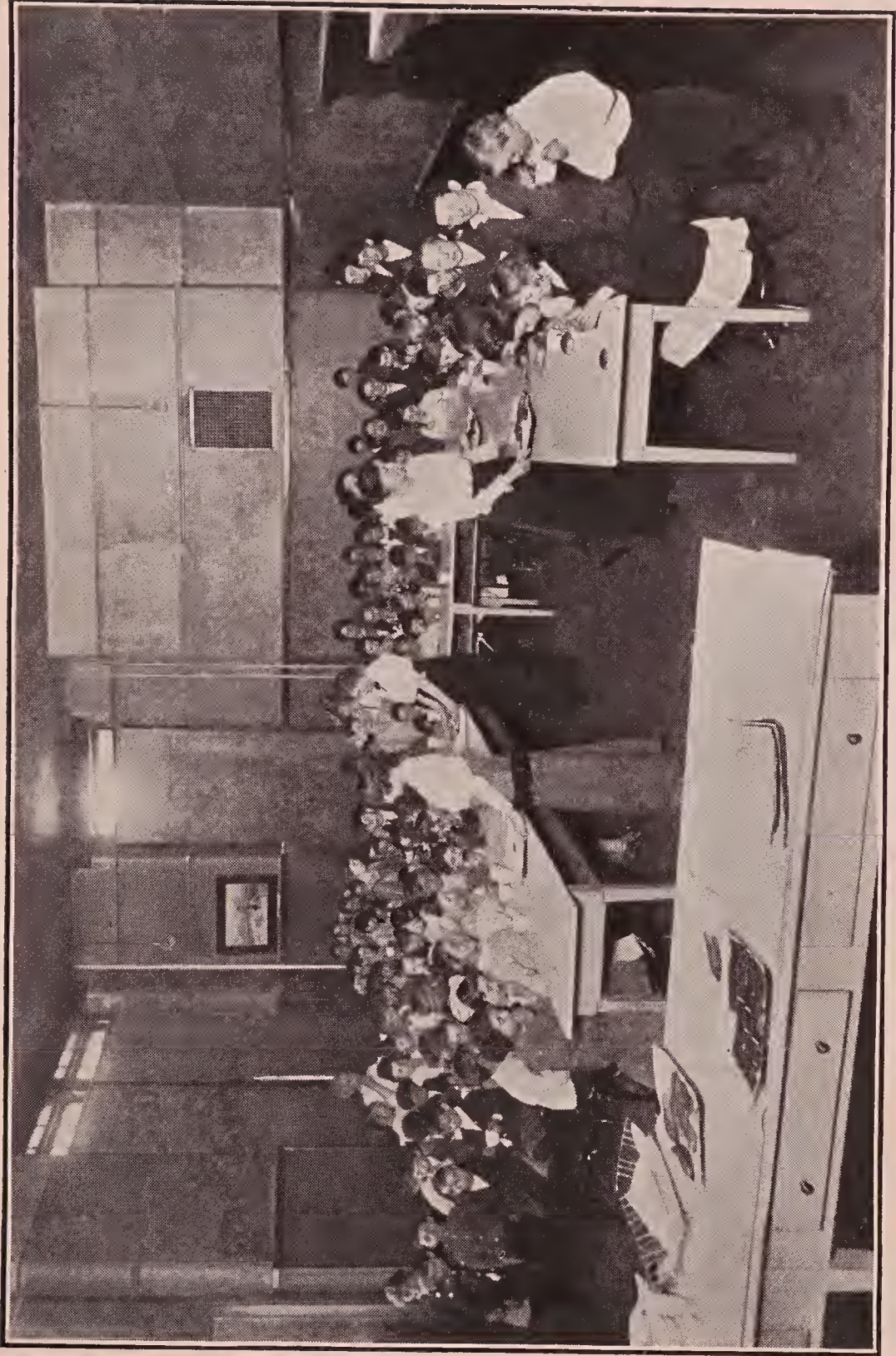


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PENNY LUNCH ROOM OF NORMAL SCHOOL

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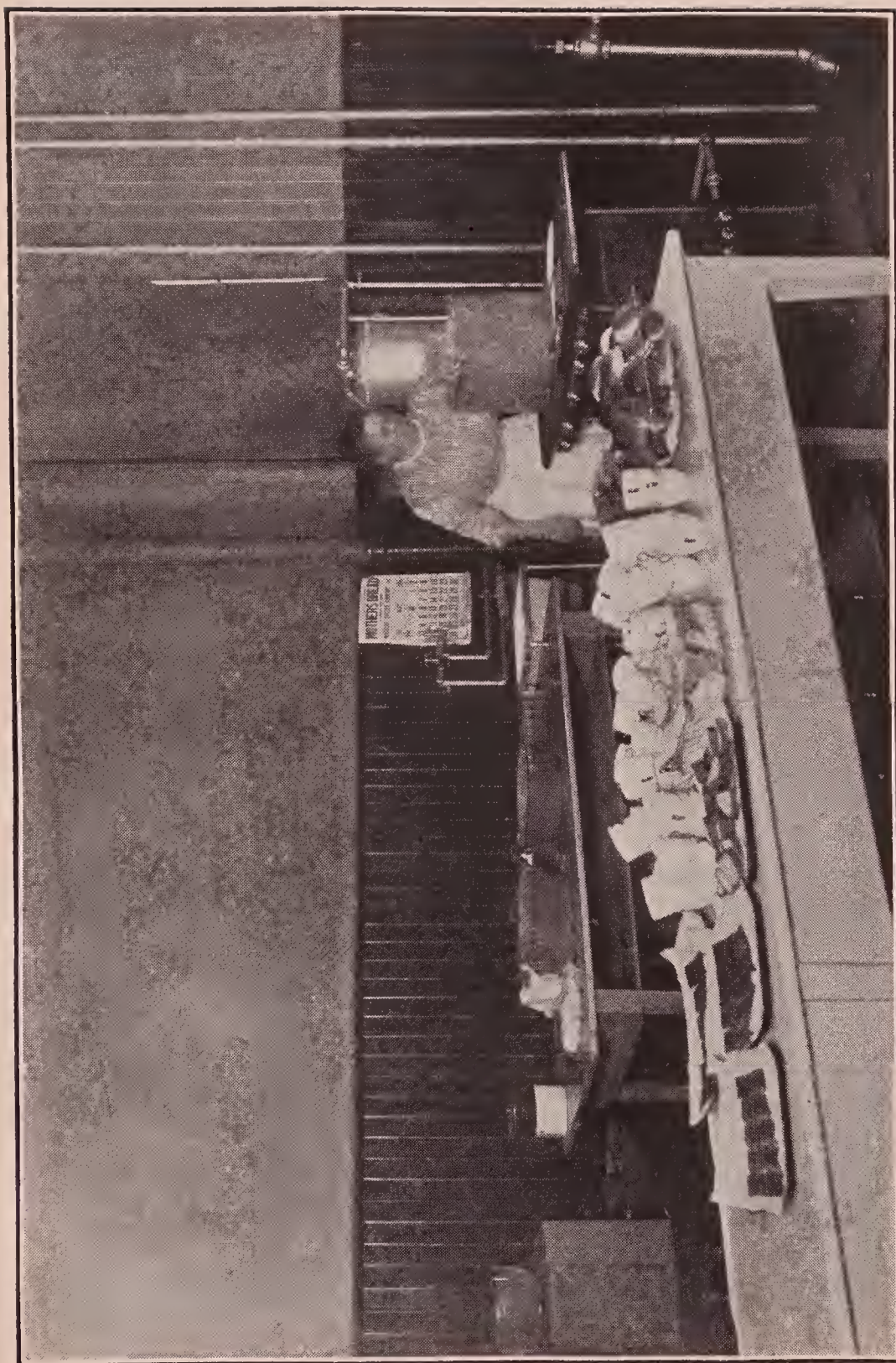
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CORNER OF PENNY LUNCH ROOM



PREFACE.

How did you do it? Who gave the equipment? Where did you get the recipes? How was the lunch room managed? Did it really pay for itself? These are some of the leading questions asked by numbers of visitors to the Normal School Penny Lunch room.

In answer to these questions, and in reply to urgent letters asking for information, this small book has been compiled.

The aim is to present clearly, simply and in convenient form, such directions for starting and conducting a Penny Lunch, that those who have no experience, may follow them comfortably, and with success.

The menus here given were constructed, as far as possible, on the food needs of the growing child. The recipes were compiled and enlarged from all the reliable sources known to the authors. These recipes are given in detail with cost of each ingredient, and have been used in the Normal School Penny Lunch room with perfect results.

In offering this book to the public, we have reason to feel that it will supply an increasing demand for trustworthy, usable information, on a strictly penny lunch for elementary schools.

SARAH WEBB MAURY
LENA L. TACHAU

ENDORSEMENT.

The necessity for serving school children with a warm, nutritious luncheon, at the noon hour, is now recognized by school authorities everywhere. Naturally, the Board of Education of Louisville is very much interested in the movement, looking to the establishment of a self-supporting plan whereby warm, wholesome luncheons can be furnished the 25,000 elementary school children of this city.

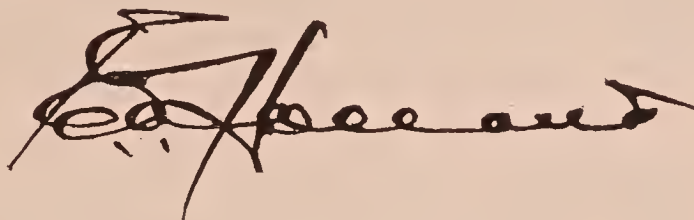
Four years ago, a permanent, well-equipped lunch room was established in the Girls' High School. A little later, luncheons were also served the pupils in the two Boys' High Schools.

During the past three years, Parent Teachers' Associations and interested friends have volunteered, from time to time, to serve warm luncheons in a number of elementary schools. A few of these efforts have been continued successfully. In some instances, however, because of limited space and inadequate equipment, the luncheons were abandoned, and the children fell back into the old habit of buying pickles, weinerwurst, and cheap candies from street venders.

The Louisville schools have a single session extending to 12:30 P. M., for the first primary, and to 1:30 P. M. for other primary and grammar schools. Many of the elementary schools are situated in congested districts, where the wage earners, either father or mother, or both, do not return for a warm midday meal. The children of these schools, having nothing hot to eat from an early light breakfast, to a late, meager supper, have great need of a warm noon luncheon.

I have read, with much interest, the account given by Mrs. Maury and Mrs. Tachau, of the self-supporting, strictly penny lunch, of the Normal School. I have learned also from the teachers and patrons of the schools, that this penny lunch has been of inestimable value to the children.

The menus and management of the Normal School lunch room, as outlined in this book, can be successfully followed in other school buildings of this city; they here receive the hearty commendation and endorsement of the Board of Education of Louisville.

A handwritten signature in dark ink, appearing to read "E. H. ...", with a large, stylized initial "E" and a long, flowing tail.

Superintendent of Public Schools,
Louisville, Ky.

INTRODUCTION.

Long ago Horace Greeley, in an address before a convention of teachers, called attention to one of the most perplexing social and economic problems of the age—a problem which still confronts school authorities of today.

“In vain,” he said, “shall we provide capable teachers, and comfortable school rooms, apparatus, libraries, etc., for those children who sit distorted by the gnawings of hunger, ... or suffering from the effects of innutritious or unwholesome food.”

More and more we are coming to understand that education is concerned with the training of the whole child, his body, his mind, and his morals—when the body fails to serve the will, the cause of this failure must be investigated and remedied, if possible.

Medical inspection is forcing upon public attention *this* appalling fact—that a large percentage of children in school are in no physical condition, because of malnutrition, to profit by the present generous outlay of public money for school purposes. Practical educators, everywhere, are agreed that even the most patient, thoughtful effort to train under-nourished children is attended with but partial success. Out of their experience comes this plea—give the under-nourished child *body food* first, before offering him the wisdom of ages.

Beatrice Webb, in her powerful argument for school feeding, published in “The Child,” January, 1911, says: “Years of experience in the teaching of underfed children have brought home to our people the fact that we can not separate mental and bodily

welfare—that the welfare of the child should be looked after by one authority only, i. e., that the necessary feeding should be undertaken by school authority.”

Dr. William A. Maxwell, Superintendent of the New York Schools, has urged school feeding year after year. In his last report, school luncheons, as a part of the school administration, were made his first recommendation for improving the school system of New York.

School feeding is now a universal educational movement, begun in Germany more than a century ago. It is recognized by national legislation in six countries of Europe, and although there have been no legislative measures enacted, providing school luncheons in American cities, yet, as a result of extensive investigation into the physical condition of children, the necessity for school feeding as a legislative movement, is rapidly gaining public interest.

I.

THE RESPONSIBILITY AND THE REMEDY.

During the school campaign of 1912-1913, the women interested to get out the women's vote for school elections, made a house to house canvass in many districts of the city.

In order to confirm observations made during this canvass, a survey was started in certain neighborhoods to ascertain the economic conditions of the homes, and the food prepared and consumed by the children.

The facts were depressing.

The following report was made of the children of one grade, numbering thirty-three:

Children whose mothers worked.....	7
Children whose mothers leave home before breakfast.....	2
Children who have bread and coffee only for breakfast.....	14
Children who have no breakfast, but coffee..	1
Children who have no breakfast, but a cup of beer.....	1
Children who have bread and coffee for breakfast, but buy luncheon, generally pretzels and pickles.....	7
One boy who had no breakfast, lunched on a cream-puff.	

Many of these children had to wait until night for a warm meal, and then it was of the most meagre type.

The first question following the survey was, how may the physical condition of such children be improved, so that they can better utilize the maximum

advantages offered by the school system? The service to be rendered must not be charitable relief service; it must be educational as well as gastronomic, and established on a business basis.

With this underlying purpose, a strictly penny lunch was planned; permission to make the experiment was readily given by the Superintendent, Dr. E. O. Holland.

As the Normal School is the experimental station of every school system, offering as it must, the double problem of training teachers and children, and as the Louisville Normal School is at present situated in a congested district, the Penny Lunch was promptly located.

II.

THE PENNY LUNCH OF THE LOUISVILLE NORMAL SCHOOL.

Its Plan and Equipment.

The plan of the Normal School Penny Lunch was to give at the noon recess, a light meal, well balanced, well cooked, and well served, with food at food cost. The understanding of the cost of food, however, is that it must include both the price of raw materials and the expense of cooking and serving.

A previous study of the home diet of children showed that it was deficient in the two foodstuffs essential to body growth: protein and fat. In planning dietaries and recipes, therefore, for this school luncheon, three large problems came up for solution; first, how to supplement the probable deficiencies in the home diet; second, how to vary the menus so as to satisfy and tempt prejudiced appetites; third, how to buy and prepare food so as to keep each article within the price of a penny.

The equipment was acquired through a spirit of reciprocity.

One evening, at an informal gathering, where the Penny Lunch was the chief topic of conversation, a prominent professional musician, who is a graduate of the Louisville Public Schools, offered to give a benefit concert for the equipment; with three other leading musicians, an unusual program was planned, consisting of songs for children, and other classical numbers.

The Pastor of a large Evangelical Church, near the Normal School, engaged in an active publicity campaign, awakening the keenest interest wherever he spoke; the night of the benefit concert, the auditorium of his Parish house was filled with people, who showed their appreciation, both of the rare excellence of the music, and the purpose for which it was given. One hundred ninety dollars were the proceeds of this concert. To this sum a gift of thirty-five dollars was added, making the entire capital two hundred twenty-five dollars, an amount more than adequate for purchasing the necessary equipment, and the first food supplies for opening the Penny Lunch.

A stove, refrigerator, fifty stools, clock, and a number of small articles were acquired by the generosity of friends; but, as a stove is the first requisite in any school kitchen, the cost of a stove was added to the necessary equipment.

III.

EQUIPMENT.

Stove—18-inch oven, four burners.....	\$19.00
Floor shield of zinc for stove.....	.75
Sink and boiler.....	12.00
Heater—"Reliable".....	9.00
Plumbing—installing sink, heater, boiler, and connecting stove.....	20.00
Tables—5—2½ x 12; 1—3 x 6.....	25.20
Oilcloth for five tables.....	3.91
Zinc sheeting for kitchen table.....	1.85
Soup boiler and cover—steel—10 gallons....	4.25
Sauce-pan—large, 1.....	1.50
Sauce-pan—small, 2.....	.45
Mixing bowl—large, 1.....	.50
Mixing bowls—small, 2.....	.30
Baking pan—large, 1.....	.65
Baking pan—small, 1.....	.50
Ladle for soup.....	.50
Meat grinder.....	2.00
Meat fork—large.....	.20
Meat board—oak.....	.85
Paring knives—3.....	.75
Bread knives—3.....	2.10
Bread board—18 x 24.....	.60
Spoons—basting—2.....	.14
Bread box.....	.85
Skillet—small.....	.10
Dish pans—granite—3.....	1.53
Dish mops—4.....	.30
Soap shakers—2.....	.20
Soap—Ivory—100 bars in a box.....	4.00
Sink strainer.....	.20

Dish towels—2 dozen.....	\$ 3.30
Clothes horse—small, for towels.....	.25
Scales.....	.90
Asbestos holders—3.....	.15
Asbestos mats—6.....	.20
Can opener.....	.15
Crock—1 gallon.....	.10
Quart measure.....	.25
Cork screw.....	.25
Mason jars—one-half gallon—1 dozen.....	.65
Wash basin—granite.....	.20
Dust brush and pan.....	.30
Cups—white enamel—175.....	21.00
Saucers—china—9 dozen.....	3.60
Spoons—aluminum—200.....	5.50
Wire baskets for washing spoons.....	.40
Trays for service—1 dozen.....	4.50
Sandwich baskets of wire—6.....	.60
Cheese cloth covers (double)—1 dozen.....	.25
Paper napkins for baskets.....	1.00
Paper—paraffine.....	.50
Garbage pail with cover.....	.55

Note—The cooking utensils and all other kitchen equipment listed above are adequate for serving seven to eight hundred children: the spoons, saucers, and cups, however, would of necessity be increased.

All purchases were made at wholesale prices. In the choice of enamel ware, both for children's use and cooking, the best grade in the market was selected. Knives for slicing bread and paring were selected for best quality of steel.

One month was consumed in preparing the school room, installing water, sink, gas heater, stove, tables, and other equipment, buying provisions, and securing an efficient assistant.

IV.

HOW FOOD WAS BOUGHT.

All food was bought at wholesale prices, and when possible, in large quantities. Staple materials, as sugar, beans and barley, were ordered quarterly; chocolate in weekly quantities. Bread, cake, fruit and fresh vegetables were delivered daily. Celery was bought from a wholesale produce merchant, who stripped off the outside stalks, tied them up in large bundles, and sold them for soups, to hotels and restaurants. These bundles were bought for fifteen cents each, and used for sandwiches and soups. Lettuce was bought by the box, containing from fourteen to seventeen bunches. The price varied from twenty to thirty-five cents a box, according to the season. Peanut butter was bought by the bucket, containing fourteen pounds, at a cost of \$1.54. Meat was delivered every morning so that stock could be prepared for the next day's soup. Soup meat was purchased from chuck and shin, at dealer's prices, and fresh bones at one cent a pound. *Skim milk was bought for sixteen cents a gallon. The only loss in food value was fat, which was always more than replaced by other stuffs. Bananas were bought at the

**Note.*—For the value of skim milk, see Farmers' Bulletin, No. 363, Department of Agriculture, Washington, D. C.

rate of three dozen for twenty-five cents. Apples varied in price according to the season. Prices varied from thirty to sixty cents a half bushel.

Bills were paid weekly to capture the discount.

The fact was constantly impressed upon both dealers and friends that donations complicated the bookkeeping, because the Penny Lunch was managed neither as a charity nor a philanthropy, but as a business.

After the equipment was accepted, as interest on money invested by the city in one boy's education, all gifts were gently, but firmly, declined.

V.

LIST OF FOOD SERVED AT NORMAL SCHOOL
PENNY LUNCH.

Soups

Vegetable
Split-pea
Lentil
Bean
Barley
Noodle
Creole
Corn chowder
Potato chowder
Cream of celery
Cream of potato

Special Hot Dishes

Spaghetti Italienne
Spaghetti and kidney beans
Savory potatoes
Candied sweet potatoes
Baked beans
Turkish Pilaf
Milk toast
Hominy grits, with brown
gravy

Sandwiches

Lettuce
Peanut butter
Meat
Neufchatel cheese with
olives
Neufchatel cheese with nuts
Cottage cheese with minced
parsley
Graham bread with butter
Rye bread with cheese
Apple butter
Fruit paste
Buns
Fish

Pastes for Sandwiches

Fruit
Provost
Salmon
Cod-fish
Tuna fish

Desserts

Brown Betty with sauce
Compote of rice and fruit
Cake with lemon sauce
Strawberry short cake
Apple küchen
Cinnamon küchen
Sweet rolls
Assorted cakes with icing
Ginger-bread
Spice muffins
Pound cake

Fruits

Stewed prunes
Stewed evaporated apples
Apple sauce
Bananas
Apples
Oranges
Pineapples

Beverages

Cocoa—hot
Lemonade
Buttermilk

Milk chocolate

“Moo Cow”

“Blumenthal”

LIST OF FOOD—Continued.

VI.

RECIPES.

Recipe No. 1.

VEGETABLE SOUP.

Materials—

Meat and bones.....	8 pounds
Tomato puree.....	1 quart can
Beans.....	2 pounds
Hominy.....	2 pounds
Turnips, minced or ground.....	2 cups
Celery, minced.....	2 cups
Carrots and cabbage, minced.....	1 cup each
Onions.....	4
Cloves.....	8
Bay leaves.....	4
Pepper, red.....	1 pod
Salt.....	$\frac{1}{2}$ cup or more
Parsley, minced.....	$\frac{1}{2}$ cup
Water.....	7 gallons
Total cost.....	\$0.79

Process of Preparation—

Wipe meat and bones; put on to cook in cold water about 10:30 A. M.; bring to a boil, simmer until 2:30 P. M. Next morning at 8 A. M., put on stock with minced vegetables, seasonings and water; boil gently until recess time, 11:40 A. M.

Soak beans and hominy over night; cook onions, stuck with cloves; remove before serving.

Served 125 cups.

Portion—2-3 of a half-pint cup.

Sales.....	\$1.25
Cost.....	.79

Profit.....	\$0.46
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Note.—In the early fall when vegetables are inexpensive, corn, okra, string beans and other fresh vegetables may be used without materially raising the cost.

Note.—All measurements in these recipes are level.

Recipe No. 2.

SPLIT-PEA SOUP.

Materials—

Meat and bones.....	6 pounds
Split-peas.....	6 pounds
Salt pork.....	1 pound
Onions.....	2
Cloves.....	4
Bay leaves.....	4
Salt.....	1 cup
Pepper, red.....	1/2 pod
Water.....	7 gallons

Total cost.....	\$0.86
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Process of Preparation—

Soak split-peas over night, add to stock the next morning.

Serves 125.

Portion—2-3 of a half-pint cup.

Sales.....\$1.25

Cost......86

Profit.....\$0.39

Lentil soup follows recipe for split-pea soup, substituting 6 pounds of lentils.

Recipe No. 3.

BEAN SOUP.

Materials—

Meat and bones.....5 pounds

Salt pork.....1 pound

Beans.....10 pounds

Onions.....3

Pepper, red..... $\frac{1}{2}$ pod

Salt.....1 cup

Vinegar.....3 tablespoons

Water.....7 gallons

Total cost.....\$0.90

Served 125.

Portion—2-3 of a half-pint cup.

Sales.....\$1.25

Cost......90

Profit.....\$0.35

Recipe No. 4.

BARLEY SOUP.

Materials—

Meat and bones.....	8 pounds
Barley.....	6 pounds
Onions, whole.....	4
Cloves.....	8
Carrots, minced.....	2 cups
Bay leaves.....	3
Salt.....	1 cup
Pepper, red.....	1 pod
Water.....	7 gallons

Total cost..... \$0.69

Served 125.

Portion—2-3 of a half pint cup.

Sales.....\$1.25

Cost......69

Profit..... \$0.56

Recipe No. 5.

NOODLE SOUP.

Materials—

Meat and bones.....	8 pounds
Noodles.....	3 pounds
Tomatoes.....	1 can Campbell's Soup
Celery, minced.....	2 cups
Bay leaves.....	4
Salt.....	1 cup
Water.....	7 gallons

Total cost..... \$0.79

Served 125.

Portion—2-3 of a half-pint cup.

Sales.....\$1.25

Cost......79

Profit.....\$0.46

Recipe No. 6.

CREOLE SOUP.

Materials—

Meat and bones.....	8 pounds
Tomatoes.....	1 quart
Green sweet peppers, minced.....	1 cup
Onions, minced.....	1 cup
Horse radish, grated.....	1 cup
Vinegar.....	2 tablespoons
Pepper, red.....	1½ pod
Salt.....	1 cup
Butter.....	1-3 pound
Flour.....	1 cup
Macaroni, in inch pieces.....	2 pounds
Water.....	7 gallons

Total cost..... \$0.89

Process of Preparation—

Make stock of meat and bones, red pepper, salt and cold water. Next day cook green peppers and onions in butter for five minutes. Add to stock; then add tomatoes, vinegar, horse radish and macaroni; boil gently for forty minutes. Make thin paste with flour and a little cold water, add to soup, boil five minutes.

Served 125.

Portion—2-3 of a half-pint cup.

Sales.....	\$1.25
Cost.....	.89
Profit.....	\$0.36

Recipe No. 7.

CORN CHOWDER.

Materials—

Corn.....	7 cans
Potatoes, diced.....	1 peck
Salt pork.....	½ pound
Onions, minced.....	6
Salt.....	1-3 cup or more
Milk, skim.....	2 gallons
Water, boiling.....	2 quarts
Croutons.....	2 in each cup
Total cost.....	\$1.10

Process of Preparation—

Scald milk, add corn. Fry out pork, add onions and brown. Par-boil potatoes ten minutes, drain, add to fat and onions, with boiling water to prevent scorching. Cook until tender. Add to milk and corn. Season with salt. Keep hot. Drop in two croutons as it is served.

Served 125.

Portion—2-3 of a half-pint cup.

Sales.....	\$1.25
Cost.....	1.10
Profit.....	\$0.15

Recipe No. 8.

POTATO CHOWDER.

Materials—

Potatoes, diced.....	1 peck
Celery, minced.....	2 cups or more
Onions, minced.....	1 cup
Butter.....	1 pound
Parsley, minced.....	$\frac{1}{2}$ cup
Salt.....	$\frac{1}{2}$ cup
Pepper, red.....	$\frac{1}{4}$ pod
Flour.....	1 cup
Milk.....	2 gallons
Water, boiling.....	4 quarts
Croutons.....	2 in each cup
Total cost.....	\$0.92

Process of Preparation—

Brown onions in butter. Put a layer of diced potatoes in bottom of kettle, then a layer of minced parsley, celery and onion. Continue until all materials are used. Add boiling water, simmer forty minutes. Do not stir. Add milk, reserving enough to make a thin, smooth paste with flour. When milk is hot, bind with flour paste. Stir constantly until boiling point is reached. Season with salt and pepper. Serve hot with croutons.

Served 125.

Portion—2-3 of a half-pint cup.

Sales.....	\$1.25
Cost.....	.92
Profit.....	\$0.33

Recipe No. 9.

CREAM OF CELERY SOUP.

Materials—

Celery, cut small.....	2 quarts
Onions, minced.....	1 cup
Salt.....	$\frac{1}{2}$ cup
Pepper, red.....	$\frac{1}{2}$ pod
Cloves.....	4
Bay leaves.....	2
Butter.....	$\frac{1}{2}$ pound
Flour.....	$1\frac{1}{4}$ cups
Milk, skim.....	3 gallons
Water.....	1 gallon
Croutons.....	2 in each cup
Total cost.....	\$0.86

Process of Preparation—

Wash and scrape celery. Cut in small pieces, using leaves. Boil with salt, pepper, cloves, and bay leaves in water until tender; strain. Heat milk, stir in celery stock. Make thin sauce of flour, butter, and cold milk; stir into soup; bring to a boil.

Served 115.

Portion—2-3 of a half-pint cup.

Sales.....	\$1.15
Cost.....	.86
Profit.....	\$0.29

CREAM OF POTATO SOUP.

Prepare in same way, using one peck of potatoes, one cup minced celery, one-half cup flour, and other ingredients in Recipe No. 9.

SOUPS—SPECIAL RECIPES.

SPECIAL HOT DISHES.

Recipe No. 10.

SPAGHETTI ITALIENNE.

Materials—

Spaghetti.....	5 pounds
Butter.....	1 pound
Tomatoes.....	2 cans Campbell's soup
Onions.....	2
Cloves.....	4
Bay leaves.....	4
Salt.....	1 cup
Celery, minced.....	1 cup
Water.....	6 gallons

Total cost..... \$0.87

Process of Preparation—

Wipe spaghetti with dry cloth; break into one-inch pieces. Put onions, bay leaves, salt, into water; boil twenty minutes. Add spaghetti; boil forty to fifty minutes; add butter, tomato puree, bring to a boil; serve hot.

Served 115.

Portion—2-3 of a half-pint cup.

Sales.....	\$1.15
Cost.....	.87

Profit.....\$0.28 .

Spaghetti with kidney beans follows recipe for Spaghetti Italienne, using three pounds of kidney beans, and three pounds of spaghetti.

Recipe No. 11.

SAVORY POTATOES.

Materials—

Potatoes.....	1 peck
Butter.....	$\frac{1}{2}$ pound
Onions.....	2
Bay leaves.....	4
Salt.....	3 tablespoons
Pepper, red.....	$\frac{1}{4}$ pod
Water, boiling.....	$2\frac{1}{2}$ quarts
Total cost.....	\$0.35

Process of Preparation—

Wash, pare, and slice potatoes. Put onions, bay leaves, salt and pepper into water. Boil twenty minutes, remove onions, bay leaves, pod of pepper. Place sliced potatoes in baking pan, add butter to boiling, seasoned water, and pour over potatoes. Bake in moderate oven one hour thirty minutes.

Served 65.

Portion—2-3 of a half-pint cup.

Sales.....	\$0.65
Cost.....	.35
Profit.....	\$0.30

Recipe No. 12.

CANDIED SWEET POTATOES.

Materials—

Sweet potatoes.....	1 peck
Butter.....	$\frac{1}{2}$ pound
Sugar.....	9 cups
Salt.....	1 teaspoon
Water, boiling.....	2 gallons

Total cost.....	\$0.65
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Process of Preparation—

Wash, peel sweet potatoes, cut lengthwise in very thin slices. Lay in baking dish, covering each layer with sugar and small pieces of butter. Add salt to water; pour over potatoes. Cook by slow fire on top of stove for three hours or more.

Served 73.

Portion—2-3 of a half-pint cup.

Sales.....	\$0.73
Cost.....	.65
Profit.....	\$0.08

Recipe No. 13.

BAKED BEANS.

Materials—

Beans.....	10 pounds
Salt pork.....	2 pounds
Tomatoes.....	1 quart can
Sugar, brown, or molasses.....	$\frac{1}{2}$ cup
Vinegar.....	6 tablespoons
Salt.....	$\frac{1}{2}$ cup
Water.....	7 gallons
Total cost.....	\$0.95

Process of Preparation—

Pick over beans, soak in cold water over night. Par-boil with salt pork one hour. Drain off some of the water. Add to beans, sugar, salt, tomatoes and vinegar, and put into baking pan with sliced pork on top. Bake two and one-half hours in moderate oven.

Served 115.

Portion—2-3 of a half-pint cup.

Sales.....	\$1.15
Cost.....	.95
Profit.....	\$0.20

Recipe No. 14.

TURKISH PILAF.

Materials—

Rice.....	6 pounds
Butter.....	1 pound
Tomato soup.....	2 cans
Celery, minced.....	1 cup
Green peppers, minced.....	3
Onions.....	4
Bay leaves.....	4
Salt.....	1 cup
Water.....	6 gallons

Total cost.....	\$0.88
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Process of Preparation—

Pick over rice, wash in cold water. Put onions, bay leaves, peppers, celery and salt into water. Boil thirty minutes or more. Add rice slowly, boil thirty minutes, add butter, tomato puree; simmer five minutes. Serve hot.

Served 115.

Portion—2-3 of half a pint cup.

Sales.....	\$1.15
Cost.....	.88
Profit.....	\$0.27

Recipe No. 15.

MILK TOAST.

Materials—

Bread.....	4 loaves
Milk.....	2 gallons
Butter.....	$\frac{1}{2}$ pound
Salt.....	2 tablespoons or more
Flour.....	$\frac{1}{2}$ cup
Water, boiling.....	
Total cost.....	
	\$0.61

Process of Preparation—

Cut bread in slices twice the thickness for sandwiches, and toast. Melt butter, stir in flour and salt, add one quart of cold milk for a smooth, thin sauce. Stir sauce into milk and heat in double boiler. Steam toast over boiling water, lay in saucers, and pour over each slice one-half cup seasoned milk.

Served 64.

Sales.....	\$0.64
Cost.....	.61
Profit.....	\$0.03

HOT DISHES—SPECIAL RECIPES.

Recipe No. 16.

HOMINY GRITS.

Materials—

Hominy grits.....	5 pounds
Salt.....	4 tablespoons
Water, cold.....	$\frac{1}{2}$ gallon
Water, boiling.....	$2\frac{1}{2}$ gallons

Total cost..... \$0.16

Process of Preparation—

Stir cold water into grits. Add salt to boiling water, stir in grits. Boil over fire ten minutes, stirring constantly; place in double boiler. Cook two hours. Serve as a vegetable with brown gravy, or as a dessert, with caramel or lemon sauce.

Served 60.

Portion—1 basting spoon.

Recipe No. 17.

BROWN GRAVY.

Materials—

Butter.....	$\frac{1}{4}$ pound
Flour.....	1 cup
Salt.....	2 teaspoons
Pepper, cayenne.....	$\frac{1}{4}$ teaspoon
Onion, minced.....	1
Stock.....	$2\frac{1}{2}$ quarts

Total cost..... \$0.20

Process of Preparation—

Brown onion, then flour in butter. Add salt and pepper. Stir in stock slowly, boil five minutes. Serve hot on grits.

Recipe No. 18.

CARAMEL SAUCE.

Materials—

Sugar.....	5 pounds
Water, boiling.....	2½ quarts

Process of Preparation—

Put sugar in saucepan over quick fire; stir constantly until sugar melts and turns a light brown. Add quickly the boiling water; stir and boil about three minutes. Turn out to cool. The sauce should be the consistency of cream.

SANDWICHES.

Each loaf of white bread was 11 inches by 5; weighed one pound, and cost four cents.

Each loaf of rye bread was 13 inches by 4; weighed one pound, and cost four cents.

Each loaf of Graham bread was 10 inches by 5; weighed one pound, and cost four cents.

White loaf was cut to make twenty-eight slices; rye loaf, to make thirty-two slices; Graham loaf, to make twenty-six slices.

Buns and sweet rolls cost sixty cents a hundred.

Preparation of Lettuce—

Lettuce was thoroughly washed and dried; the leaves placed one upon another and shredded, then dressed with salt and mayonnaise, and *used immediately*. In this way two full bunches of lettuce made a good layer for twenty-eight sandwiches.

Peanut Butter—

One pound of peanut butter, softened with one tablespoonful of salad oil, spread thirty-eight sandwiches.

Meat—

Chuck was used for sandwiches. Two pounds cooked, sliced or ground, seasoned with salt and mayonnaise, made forty sandwiches.

PASTES FOR SANDWICHES.

Recipe No. 19.

FRUIT PASTE.

Materials—

Dates.....	1 pound
Figs.....	1 pound
Oranges	2 or more
Total cost.....	\$0.21

Process of Preparation—

Wash dates and figs in hot water; drain. Seed dates; boil seeds in little water, remove seeds, add water to paste. Mash dates and figs with fork, add orange juice until paste will spread with a knife.

Served 70 sandwiches.

Recipe No. 20.

PROVOST PASTE.

Materials—

Kidney beans.....	1 pound
Salt pork.....	$\frac{1}{2}$ pound
Onion, scraped.....	1 teaspoon
Salt.....	1 teaspoon
Celery salt.....	1 teaspoon
Mayonnaise.....	to moisten

Total cost..... \$0.16

Process of Preparation—

Wash beans, soak over night. Boil with salt pork until tender, drain. Run through meat grinder, mix into paste with other ingredients.

Served 70 sandwiches.

Prepare navy beans in the same way, seasoned with minced parsley and mayonnaise.

Recipe No. 21.

SALMON PASTE.

Materials—

Salmon.....	1 can
Egg.....	1
Onion, scraped.....	1 teaspoon
Parsley, minced.....	2 teaspoons
Salt.....	2 teaspoons
Mayonnaise.....	to moisten
Water, boiling.....	$\frac{1}{2}$ cup

Total cost..... \$0.17

Process of Preparation—

Carefully shred the salmon, removing all bones. Add salt, onion, whole egg, slightly beaten, parsley, and boiling water. Cook in double boiler until thoroughly heated. Cool, add mayonnaise.

Served 70 sandwiches.

Recipe No. 22.

CODFISH PASTE.

Materials—

Codfish, boneless.....	1 pound
Milk.....	$\frac{1}{2}$ pint
Potatoes, mashed.....	1 cup
Butter, melted.....	2 tablespoons
Water.....	3 quarts
Total cost.....	\$0.14

Process of Preparation—

Soak codfish in cold water two hours, drain, put on to cook in three quarts water, boil thirty minutes; drain and shred. Add potatoes, cooked and mashed, butter and milk. Stir into paste.

Served 70 sandwiches.

Tuna fish, mixed with mayonnaise, was served in the same way.

SANDWICHES—SPECIAL RECIPES.

Boston brown bread with paste of cheese and olives.

Each loaf made fifteen sandwiches.

DESSERTS.

Recipe No. 23.

BROWN BETTY.

Materials—

Bread crumbs, toasted and ground .	3 quarts
Apples, minced.....	3 quarts
Butter.....	1 pound
Sugar, brown.....	4½ pounds
Lemons.....	5
Cinnamon.....	10 tablespoonsful
Water, hot.....	4 cups

Total cost.....	\$0.81
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Process of Preparation—

Reserve one-third of butter, two pounds of sugar, two lemons, for sauce.

Butter baking pan; add hot water to remaining butter. Put a layer of bread crumbs in pan, moisten with hot water and butter, then a layer of apples. Sprinkle with sugar and cinnamon. Add a top layer of crumbs, moisten with hot water and butter. Bake in very slow oven from three to four hours or more.

Served with lemon sauce.

Served 85.

Portion—1 basting spoonful.

Sales.....	\$0.85
Cost.....	.81

Profit.....	\$0.04
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When fresh apples were prohibitive because of price in late Spring, evaporated apples made a good substitute and reduced the cost.

Prune pudding was made by same recipe, using three pounds of prunes, stewed, seeded and mashed a little. Prune liquor was added to sauce.

Recipe No. 24.

LEMON SAUCE FOR BROWN BETTY.

Materials—

Butter.....	1-3 of a pound
Lemons.....	2, juice and grated rind
Sugar.....	2 pounds
Corn starch.....	1 tablespoonful
Water, boiling.....	3 pints

Process of Preparation—

Cream butter and sugar, add lemons and hot water. Mix corn starch with two tablespoonsful of cold water. Stir into hot mixture, bring to a boil. Serve hot.

Recipe No. 25.

COMPOTE OF RICE AND FRUIT.

Materials—

Rice.....	6 pounds
Sugar.....	1½ pounds
Butter.....	½ pound
Milk.....	1 gallon
Salt.....	2 teaspoons

Total cost.....	\$0.72
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Process of Preparation—

Wash rice in cold water. Put in boiling water with salt, boil fifteen minutes; drain off water. Place in double boiler with milk, butter and sugar. Cook forty-five minutes. Serve with fruit sauce.

Recipe No. 26.

FRUIT SAUCE.

Materials—

Evaporated apples.....	1 pound
Sugar, brown.....	$\frac{1}{2}$ pound
Lemons, juice and grated rind.....	2
Cinnamon.....	1 teaspoon
Total cost.....	<u>\$0.10</u>

Process of Preparation—

Wash apples, soak over night in three gallons of cold water. Put on to cook next morning in this same water. Add sugar; boil thirty minutes or more. Add lemons. Mash fruit in its juice and pour over rice.

Prunes may be substituted for apples.

Served 90.

Sales.....	\$0.90
Cost.....	.82
Profit.....	<u>\$0.08</u>

Note.—A temporary double-boiler was made by setting one sauce pan inside of another.

Recipe No. 27.

CAKE WITH SAUCE.

Small pound cakes costing five cents, were cut to make eight slices, and served with lemon sauce.

Marble cake, costing ten cents, was cut into fifteen slices.

Strawberry short cake, made of cake dough, fresh strawberries and meringue, were bought for five cents and cut into eight slices.

Strawberry, apple and cinnamon küchen were bought for five cents a square and cut into eight pieces.

NOTE.—All cakes were bought from a local confectioner.

DESSERTS—SPECIAL RECIPES.

BEVERAGES.

Recipe No. 28.

COCOA.

Materials—

Cocoa.....	2 cups
Milk, skim.....	2 gallons
Sugar.....	3 cups
Water, hot.....	2 quarts
Total cost.....	\$0.58

Process of Preparation—

Put milk in double boiler to heat. Stir cocoa gradually into hot water, then add slowly to the hot milk. Stir in the sugar and beat with eggwhip just before serving.

Served 65.

Portion—2-3 of a half-pint cup.

Sales.....	\$0.65
Cost.....	.58
Profit.....	\$0.07

Recipe No. 29.

LEMONADE.

Materials—

Lemons.....	3 dozen
Sugar.....	4 pounds
Ice.....	
Water.....	4½ gallons

Total cost..... \$0.66
Served 75.

Sales.....	\$0.75
Cost.....	.66
Profit.....	.09

FRUITS.

Recipe No. 30.

STEWED PRUNES.

Materials—

Prunes.....	2 pounds
Sugar.....	2 pounds
Lemon.....	1

Total cost..... \$0.29
Served 50.
Portion—2 prunes with sauce.

Sales.....	\$0.50
Cost.....	.29
Profit.....	\$0.21

Recipe No. 31.

APPLE SAUCE.

Materials—

Apples	1 peck
Sugar	1½ pound
Total cost	\$0.39

Process of Preparation—

Wash and slice apples. Put on to cook in twice their bulk of hot water. Boil, covered, until soft enough to mash. Add sugar and strain.
Served 50.

Sales	\$0.50
Cost	.39
Profit	\$0.11

SPECIAL EXTRAS.

VII.

MENUS.

The menus offered in the Normal School lunch room met all the requirements of national and religious customs, except in the case of Jewish pupils. Italian, German, and Irish children enjoyed macaroni, noodle soup, barley, rice and potatoes as thoroughly as their American neighbors. Meat substitutes were served to all on Friday, and other fast days, especially during Lent.

Wherever there is a large attendance of Jewish children, the proportions of these recipes may be used, but the dietary laws and customs of Kosher must be observed in purchasing meat and bread, in preparing the food, and in cleansing all dishes and utensils.

To account for small sales, it must be explained that luncheons were served to the practice department of the Normal School, which is purposely limited to about two hundred fifty children, and to the Normal Department, numbering, on an average, one hundred students, cadets, and teachers.

The small profit each week on sales was used for free luncheons. The balance left in the equipment fund was placed in bank to the credit of the Penny Lunch Fund of the Normal School.

The four business forms used so successfully to keep a detailed and accurate report of purchases, menus, withdrawals and storehouse supplies were the gift of a prominent public accountant.

PENNY LUNCH
DAILY PURCHASES
(Per Tickets Attached)

Form I

School Normal No. 1 Day Monday Date Oct. 1914

Items	Quantity	From Whom Purchased	Cost
1. APPLES			
2. BANANAS			
3. BREAD			
4. BUNS			
5. BUTTER			
6. CAKE			
7. CARROTS			
8. CELERY			
9. CHEESE			
10. CHOCOLATE			
11. COD FISH			
12. CORN STARCH			
13. DATES			
14. FIGS			
15. HORSE RADISH			
16. ICE			
17. LEMONS			
18. LETTUCE			
19. MEAT			
20. MILK			
21. MOLASSES			
22. OLIVES			
23. ONIONS			
24. ORANGES			
25. PEPPER, GREEN			
26. PEPPER, RED			
27. POTATOES			
28. SWEET POTATOES			
29. SWEET ROLLS			
30. TURNIPS			

Assistants _____

Guests _____

Mrs. T. G.

Head Assistant

PENNY LUNCH

Form 2

DAILY REPORT OF PREPARATION AND SALES

School Normal No. 1 Day Friday Date Oct. 1914

Menus	Kind	Prepared			Served			Remarks
		No.	At	Cost	No.	rcd.	Sale	
HOT DISH	<u>Turkish Pilaf</u>	<u>115</u>		<u>.88</u>	<u>115</u>		<u>1.15</u>	
SANDWICH	<u>Buns, fish</u>	<u>100</u>		<u>.85</u>	<u>100</u>		<u>1.00</u>	
SANDWICH	<u>Rye bread</u>	<u>65</u>		<u>.37</u>	<u>65</u>		<u>.65</u>	
SANDWICH	<u>Lettuce</u>	<u>56</u>		<u>.35</u>	<u>56</u>		<u>.56</u>	
SANDWICH								
FRUIT	<u>Bananas</u>	<u>40</u>		<u>.29</u>	<u>40</u>		<u>.40</u>	
FRUIT	<u>Apples</u>	<u>20</u>		<u>.14</u>	<u>20</u>		<u>.20</u>	
CAKE	<u>Sugar rolls</u>	<u>25</u>		<u>.15</u>	<u>25</u>		<u>.25</u>	
DESSERT	<u>Brown Betty</u>	<u>83</u>		<u>.81</u>	<u>83</u>		<u>.83</u>	
BEVERAGE								
CHOCOLATE	<u>"Moo Cow"</u>	<u>90</u>		<u>.59</u>	<u>90</u>		<u>.90</u>	
Total		<u>594</u>		<u>4.43</u>	<u>594</u>		<u>5.94</u>	

SUMMARY

Total Sale	\$ <u>5 94</u>	Total Tickets Sold	<u>5 70</u>
Total Cost	<u>4 43</u>	Total Tickets Received	<u>5 94</u>
Gross Profit	<u>1 51</u>	Total Cash Received	<u>5 70</u>

Assistants Mrs. L. Mrs. B. Mrs. T.

Guests Mrs. B. Chicago Mrs. M. Charleston S.C.
Mrs. T. G.

Head Assistant

PENNY LUNCH

Form 1

WEEKLY REPORT OF SUPPLIES USED

School _____ No. _____ Week Ending _____ 191_____

Supplies	Monday	Tuesday	Wednesday	Thursday	Friday	Total
APPLES, DRIED						
BARLEY						
BAY LEAVES						
BEANS, KIDNEY						
BEANS, NAVY						
CLOVES						
CINNAMON						
CORN						
COCOA						
FLOUR						
HOMINY						
LENTILS						
NOODLES						
PEANUT BUTTER						
PEPPER						
PRUNES						
RICE						
SALAD DRESSING						
SALMON						
SALT						
SPAGHETTI						
SPLIT PEAS						
SUGAR, BROWN						
TOMATO, LARGE						
TOMATO, SMALL						
TUNA FISH						
VINEGAR						
APPLES						
BANANAS						
BREAD						
BUNS						
BUTTER						
CAKE						
CARROTS						
CELERY						
CHEESE						
CHOCOLATE						
COD FISH						
CORNSTARCH						
DATES						
FIGS						
HORSE RADISH						
ICE						
LEMONS						
LETTUCE						
MEAT						
MILK						
MOLASSES						
OLIVES						
ONIONS						
ORANGES						
PEPPER, GREEN						
PEPPER, RED						
POTATOES						
SALAD OIL						
SWEET POTATOES						
SWEET ROLLS						
TURNIPS						

Head Assistant

PENNY LUNCH

Form 4

STORE ROOM REPORT-OF QUANTITY (On Hand, Purchased, Used)

School _____ No. _____ Week Ending _____ 191 _____

Supplies	On hand	Purchases for the Week						Total	Total	Balance	Inventory
	Mon.	Mon.	Tues.	Wed.	Thurs.	Fri.	Total	Used			191
APPLES, DRIED											
BARLEY											
BAY LEAVES											
BEANS, KIDNEY											
BEANS, NAVY											
CLOVES											
CINNAMON											
CORN											
COCOA											
FLOUR											
HOMINY											
LENTILS											
NOODLES											
PEANUT BUTTER											
PEPPER											
PRUNES											
RICE											
SALAD DRESSING											
SALMON											
SALT											
SPAGHETTI											
SPLIT PEAS											
SUGAR, BROWN											
TOMATO, LARGE											
TOMATO, SMALL											
TUNA FISH											
VINEGAR											
APPLES											
BANANAS											
BREAD											
BUNS											
BUTTER											
CAKE											
CARROTS											
CELERY											
CHEESE											
CHOCOLATE											
COD FISH											
CORNSTARCH											
DATES											
FIGS											
HORSE RADISH											
ICE											
LEMONS											
LETTUCE											
MEAT											
MILK											
MOLASSES											
OLIVES											
ONIONS											
ORANGES											
PEPPER, GREEN											
PEPPER, RED											
POTATOES											
SALAD OIL											
SWEET POTATOES											
SWEET ROLLS											
TURNIPS											

Head Assistant

VIII.

MANAGEMENT.

The daily guidance of the lunch room was under the control of a Committee, organized by friends of the Normal School. One member of this Committee, a mother, whose children attended the school, served as treasurer and bookkeeper of the lunch fund, kept accurate accounts of expenditures and receipts, deposited money in bank, and paid bills weekly by check. Another mother assisted in making sandwiches and serving the children. As the mothers of this neighborhood, however, were so closely confined at home, a volunteer corps of friendly workers was organized, and so arranged that two or more ladies served the same day of each week for one month or more.

A paid assistant, trained for her work by members of the Committee, purchased and cooked the food, and had care and control of the kitchen equipment. The penny lunch owed much of its success to the efficiency, faithfulness and expediency of this assistant.

Every morning the menu for the day was written on the board in each room, the number of children wishing luncheon was ascertained, and the tickets sold, one for a penny, by a member of the school office force and a cadet in the training class, who served one week.

At sound of the gong announcing the recess period, the children, by classes, entered the lunch room in line, one child in each class bearing a fern or a vase of flowers for his table. They seated themselves on stools or stood in an orderly way near long

tables covered with white oil cloth. Cups of soup, wire baskets containing sandwiches, buns, cakes, fruit, and milk chocolate were passed, each child giving up a penny ticket for each article. No money was collected in the lunch room.

The discipline of the room was that of a refined, well-ordered home; the presence of the teachers was a great ethical force; they ate and chatted with the children, thus making the luncheon a social affair as well as a lesson in unconscious culture. The order throughout was excellent, and the neatness unusual; after the children left the room for the play ground, neither crumbs nor scraps were found on tables, stools or floor. Civic pride seemed to control the adventurer. On one occasion, soon after the lunch room was opened, a boy left his place, wandering with his food to another table; immediately a self-appointed guardian of that table called out, "Now, Solomon, go right back to your own place, if you stay here we'll have to stand for your crumbs."

The patronage of the lunch room was entirely voluntary.

The luncheon was served in about seven minutes, the children passing on to the play ground at their own pleasure.

The well worked-out system, the cheerful obedience and pleasing home atmosphere of the lunch room were due to the rare executive ability and gentle leadership of the principal of the Normal School, her competent secretary, and her corps of sympathetic, efficient teachers. Without this unusual co-operation, the work for the penny lunch would have lost much of educational value to the children, and much that was pleasant to the friendly workers and visitors.

After the children retired, students from the training classes were served with the same menu,

and at the same price. Sandwiches and fruit were also reserved for cadets who returned after teaching hours for consultation with the principal and faculty of the Normal School.

A forenoon luncheon was served at 10:15 A. M., for children in the kindergarten and first grade, who were dismissed soon after the noon hour. This luncheon consisted of one hot dish, fruit, buns and milk chocolate.

Spaghetti and soups were the popular hot dishes. One day a boy in the second grade spent three cents for three cups of split-pea soup. A girl across the table said, "Dan, why don't you buy something else?" "Naw, I don't want anything but this soup; it's too good." After recess the boy returned to the lunch room and said to one of the assistants, "Lady, how do you make that soup, I want to tell my Ma." The next day a recipe for the soup, serving eight, with the cost, was written and given to the boy.

Food was prepared in sufficient quantity for one day's consumption only; however, sandwiches were quickly made when there was a demand for them.

All crusts and crumbs left on the bread boards after making sandwiches, were toasted and ground for "Brown Betty," and so popular was "Brown Betty," that the stove was taxed to its capacity, and numerous requests were made for the recipe.

From the first, the principle of the lunch room was thoroughly democratic; the lunches, although originally intended for those in a devitalized condition, were served alike to children, cadets and teachers, who wished to have the benefit of something hot at noon. The greatest care was taken to preserve the dignity and self-respect of those who must have a free luncheon; in all cases a thorough investigation was made of home conditions, and when absolutely necessary, tickets were given to the mothers

with urgent requests to preserve the innocence of the children.

After the lunch hour was over, spoons were gathered in a wire basket, rinsed in several hot waters and boiled. Cups and small dishes were also rinsed in boiling water, then in hot soapy water and dried with fresh towels. All utensils were hygienically cared for. Reserve foods, as rice, beans, peas, and sugar, were kept in covered tin boxes or glass jars, labeled.

All expenses of the lunch room, including the salary of \$5 per week paid to the assistant and \$1 per month to the janitor, were met by the receipts of the lunch room. This required close study of the market, intelligent scrutiny of articles bought, exact measurements for recipes, care and skill in making sandwiches and attention to fruits. Nothing was wasted. Even the scraps were carried home by one little girl for her chickens. At the end of each month the inventory on forms was verified; books were balanced and closed.

Up to the present time there has been no opportunity for "follow-up-work" among the children attending regularly the penny lunch of the Normal School; but, if the testimony of the best teachers may be accepted as a guarantee, the penny lunch, from a school point of view, is a necessity. One teacher reported that formerly it was a frequent occurrence to see the children return to her room during the noon recess with a pickle in one hand and an ice cream cone in the other; that several of the boys had daily after-recess headaches, and were, therefore, listless and idle; but, after the penny lunch was established, there were no more headaches and the children generally, during the trying spring time, were alert, attentive, and interested; and their efforts after recess were equal to their best in the morning hours.

IX.

A SUMMARY AND A SUGGESTION.

The details of the Louisville Normal School Penny Lunch may encourage and guide others who wish to engage in a similar enterprise, but emphasis must be laid upon *four* vital requisites for successfully conducting the work.

- First: Careful study of the food habits of the children in different localities.
 - Second: Systematic planning of menus and recipes, that the foods which best form tissue, and the foods which best supply heat and energy, may be well balanced.
 - Third: Knowledge of how to buy and where to buy; and the closest scrutiny of food bought.
 - Fourth: Accurate accounts of materials delivered in the kitchen, checks collected in the lunch room, and pennies received by the cashiers.
-

Boards of Education may be assured, that with simple equipment, efficient assistants, and economic administration, the strictly penny lunch can be made self-supporting.

Lunches should be considered self-supporting when the weekly receipts cover cost of food, preparation and service.

Supervision and cost of equipment should be included under legitimate charges upon public money, and placed in the class of expenditures with medical and dental inspection, with supervision and equipment of play grounds, and with fatigue equipment for open air schools.

The school luncheon is not a relief problem, but an educational problem, involving the essential principle of conservation applied to human beings.

It should be regarded as a movement of the highest economic value for speedy state legislation.

MEMORANDA

MEMORANDA

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